



**Pediatric Clinical Hypnosis
Skill Development Workshops 2016**
presented by

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

October 6-8, 2016

**Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441**

**In Collaboration with
Minnesota Society of Clinical Hypnosis
University of Minnesota Department of Pediatrics**

**Sponsored by
Fairview Health Services**

We are excited to introduce many new things in 2016!

- **NEW! Intermediate-PLUS Workshop:**

In-depth advanced clinical applications featuring world renowned faculty, including

ARINE VLIEGER, MD, PhD, Pediatric GI Specialist/Researcher (Visiting Faculty)

RAN ANBAR, MD, Pediatric Pulmonologist (Visiting Faculty)

DAVID WARK, PhD, Emeritus Professor of Psychology, (NPHTI Faculty)

As well as sessions with **DAN KOHEN, MD FAAP, ABMH**, Co-Founder & Co-Director, NPHTI and

LAURENCE SUGARMAN, MD, Research Professor and Director (Senior Faculty)

- More interaction with faculty
- Complimentary welcome reception for registrants
- And NEW! (and longer) Mini-intensives by globally recognized core NPHTI faculty:
Dan Kohen, MD, Leora Kuttner, PhD, Laurence Sugarman, MD, and Pamela Kaiser, PhD, CPNP

WORKSHOP DESCRIPTION

These intensive workshops feature a combined lecture-demonstration-experiential training format with a developmental perspective in the use of clinical hypnosis and its empirically supported applications to children and teens experiencing various medical and mental health conditions and challenges. Cutting edge presentations include videos of faculty case vignettes that highlight therapeutic communication, hypnosis strategies, and self-hypnosis.

- Our multi-disciplinary faculty, who are seasoned pediatric clinicians with expertise in the use of pediatric hypnosis, include the most renowned leaders-teachers-researchers-authors in this field.
- The workshops are offered at four levels (Fundamentals, Utilization & Clinical Applications, Individualized Consultation and Intermediate-PLUS) to licensed pediatric clinicians with advanced degrees.
- Very strong emphasis is placed on experiential learning, (i.e. extensive supervised practice of hypnotic techniques) within supportive small groups with a high faculty to trainee ratio.
- Registration fees for the four workshop levels include course presentations, small group exercises, an extensive bibliography, a complimentary cocktail reception, hearty continental breakfasts, and generous morning and afternoon refreshments.

ELIGIBILITY AND TARGET AUDIENCE

Workshop participation requires an active clinical license AND one of the following:

- Doctoral Degree in Medicine, Psychology, Nursing or Dentistry
- Masters Degree in Social Work, Marriage and Family Therapy, Clinical or Counseling Psychology
- Masters Degree in Nursing or a Registered Nurse with a Masters Degree and subspecialty training or certification (e.g. APRN, CPNP, CNS)
- Other Advanced degree clinicians (e.g. Occupational & Physical Therapists, Speech & Language Pathologists, et al.)
- Child Life Specialists holding a Doctoral, Masters, or Bachelors degree
- Students, Interns, Residents and Fellows actively enrolled in a graduate program leading to clinical degrees or completion of clinical training in any of the foregoing.

FUNDAMENTALS OF PEDIATRIC CLINICAL HYPNOSIS (Introductory) WORKSHOP

This workshop is for clinicians who have not completed a prior **pediatric-specific hypnosis training (20+ hours)**. This workshop teaches basic skill-building in hypnosis as therapeutic communication and adjunctive intervention for children/teens experiencing a variety of clinical conditions. Particular focus is on management of pain, anxiety, and sleep. Instructional videos and case vignettes are integral components of all presentations. Experiential learning is a critical component (this workshop provides double the amount offered in most introductory hypnosis workshops). Activities include: large group exercises and supervised small group practice (typically a 6:1 trainee : faculty ratio) focused on the structure and elements of clinical hypnosis with children/teens, explaining hypnosis to parents and children, and the use of self-hypnosis.

For complete information, click here www.nphti.org

REGISTRATION

Registration Deadlines & Fees – Introductory Workshops register by September 1 to receive Early Reg Discount

	Kick-off March 1 – June 30	Early Bird July 1 - September 1	Regular After September 1
Introductory Workshop	\$850	\$925	\$1,000
MSCH Member	\$780	\$815	\$870
Graduate Student/Intern/Resident/Fellow/Trainee	\$590	\$610	\$635

To Register for the Introductory Workshop

ONLINE: Register online with Visa, MasterCard, or American Express at www.nphti.org

QUESTIONS: For any questions relating to registration, please contact NPHTI@iplanitmeetings.com or call 1-800-781-1193, ext. 601 between 8 am-5 pm Mountain Time.

UTILIZATION AND EXPANDED CLINICAL APPLICATIONS (Intermediate) WORKSHOP

NOTE: Participants must have completed an Introductory *all pediatric-specific hypnosis training workshop (20+ hours)* and are using clinical hypnosis with pediatric patients on a frequent basis. A required Prior Learning/Needs Assessment application is reviewed prior to acceptance for this workshop. This is not a beginning level course. Prior to registering for this workshop, a completed Application must be submitted for review, click here <http://tinyurl.com/NPHTI-Application>

This year's workshop has added new clinical applications! Content focuses on Ericksonian Utilization principles while refining and expanding existing hypnosis skills and developing *individualized* hypnotic treatment approaches for patients and their families. The faculty's clinical video recordings and case vignettes are integral components of the presentations. Supervised exercises within thoughtfully clustered small groups (with high faculty to trainee ratios) concentrate on augmenting participants' confidence and specific utilization skills: conversational inductions, pacing and leading, designing metaphors, talking in trance, self-regulation strategies, and other person-centered strategies.

Participants will also select two (now longer!) **NEW "mini-intensives" clinical topics:**

- 1) *Where the Mind meets the Body: Hypnosis & Mindfulness for Complex Pain*
- 2) *Hypnotic Utilization Strategies & Phenomena: Conversational Hypnosis, "Waking suggestion", Re-framing, Fractionation, Time Distortion (Age Progression & Regression) and More!"*
- 3) *Therapeutic Metaphors: Utilizing Play Materials to Facilitate Conversational Hypnosis & Self-Regulation*
- 4) *Hypnosis for Children w/ GI issues: Research Findings*
- 5) *Augmenting Hypnosis with Video Games and Apps*
- 6) *Using Hypnosis to Inspire Children with Respiratory Symptoms*

REGISTRATION

	Kick-off March 1 – June 30	Early Bird July 1 - September 1	Regular After September 1
Intermediate Workshop	\$850	\$925	\$1,000
MSCH Member	\$780	\$815	\$870
Graduate Student/Intern/Resident/Fellow/Trainee	\$590	\$610	\$635

To Register for the Intermediate Workshop

Go to www.nphti.org to complete the Prior Learning/Needs Assessment or by clicking here <http://tinyurl.com/NPHTI-Application>. Upon acceptance of your assessment, you will be contacted with registration instructions.

NEW INTERMEDIATE - PLUS WORKSHOP

The Intermediate-**PLUS Workshop** is for clinicians who attended past NPHTI (or SDBP) Intermediate OR Advanced hypnosis workshops. **This NEW PROGRAM features three 1/2-day Seminars taught by internationally renowned hypnosis experts:** (clinicians-researchers-teachers-authors) whose in-depth seminars on hypnosis applications to their specific clinical area of expertise will include exercises, videos, practice of new techniques, and opportunities for personal experience and practice.

- Ran Anbar, M.D., Past President ASCH; Professor Emeritus, Pediatrics & Medicine, SUNY Upstate Medical University, Pediatric Pulmonologist from San Diego, CA
- David Wark, Ph.D., Emeritus Professor of Psychology, NPHTI Faculty, ASCH Past President, and Pioneer in Alert-Eyes-Open Hypnosis
- Arine Vlieger, M.D., Head Dept of Pediatrics, St Antonius Hospital Nieuwegein, The Netherlands; Researcher/Clinician in Hypnosis for Gastrointestinal Disorders; and Co-Founder of Dutch Foundation for Pediatric Hypnosis.

Presentations as well as new (and longer) Mini-Intensives by other globally recognized pediatric hypnosis experts (and core NPHTI faculty) will be provided by : Dan Kohen, MD, Leora Kuttner, PhD, Laurence Sugarman, MD; Pamela Kaiser, PhD, CPNP

REGISTRATION

	Kick-off March 1 – June 30	Early Bird July 1 - September 1	Regular After September 1
Intermediate- PLUS Workshop	\$850	\$925	\$1,000
MSCH Member	\$780	\$815	\$870
Graduate Student/Intern/Resident/Fellow/Trainee	\$590	\$610	\$635

To Register for the Intermediate Workshop

Go to www.nphti.org to complete the Prior Learning/Needs Assessment or by clicking here <http://tinyurl.com/NPHTI-Application>. Upon acceptance of your assessment, you will be contacted with registration instructions.

INDIVIDUALIZED CONSULTATION (Advanced) WORKSHOP: Personalized and Peer Mentoring

The Advanced Workshop will provide extensive, individualized mentor consultation to health care practitioners interested in enhancing their knowledge and expertise in the use of pediatric hypnosis. This 22-hour intensive meeting is designed to fulfill the requirements for attaining ASCH Certification in Clinical Hypnosis and/or an ASCH-Approved Consultant. In addition to Applicants must provide evidence of previous ASCH-approved Pediatric Hypnosis Introductory and Intermediate levels of training (40+ hours total) and facility with hypnotic approaches and techniques and frequent use of pediatric hypnosis in their clinical practice. Advanced participants must **present a video-recording of hypnotic work** with a pediatric patient and a corresponding typed case vignette of the video. The firm deadline for video submission is **July 1, 2016**. A "how to" guide to help learners develop effective video recordings will be provided. A required Prior Learning/Need Assessment by clicking here <http://tinyurl.com/NPHTI-Application> questionnaire will be reviewed before your registration will be accepted for this workshop.

The format is unique: participants meet and consult in a small group (max = 6) of fellow clinicians with rotating faculty facilitators who are ASCH Approved Consultants. This model encourages and expects participants to learn from one another and to have their own expertise affirmed and expanded. During the consultation sessions, the focus is upon issues unique to each practitioner's specialties and practice as reflected in their video submissions.

REGISTRATION

Registration Deadlines & Fees

Advanced Workshop Registration Fee	On or before July 1, 2016 \$995	Registrations will not be accepted after July 1, 2016
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To Register for the Advanced Workshop

Go to www.nphti.org to complete the Prior Learning/Needs Assessment or by clicking here <http://tinyurl.com/NPHTI-Application>. Upon acceptance of your assessment, you will be contacted with registration and video submission instructions, and a "how to" guide to developing effective video recordings. **Early registration is encouraged to reserve your place and facilitate faculty planning. Please note video submissions are due by July 1, 2016.**

Registration fees for **all four workshops** include course presentations (available online in advance, during and following the workshops), hearty continental breakfast, and generous morning and afternoon refreshments. Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance. Requests cannot always be honored on site.

Note: Participants are not considered registered until registrant information, Acknowledgement & Release Waiver and payment have been received by our office.

Lunch on Your Own

Lunch during the three day workshops **is not included** in the registration fee. You are encouraged to purchase (in advance) the lunch buffet served at the conference facility. To purchase lunch for one or all conference days, www.eventbrite.com/e/nphti-october-6-8-lunch-buffet-tickets-22074020991. The cost is \$19.50/day.

Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$20 per person to be deducted from the corresponding registration fees listed above. Group registrations must be received within two business days. Contact Registration Services at 1-800-781-1193, ext. 601 to obtain a discount code before beginning the registration process. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

Course Materials

A printed syllabus will NOT be distributed at the Workshops. NO services for printing syllabi are available on site during the conference. Registered attendees will be emailed access instructions to view the presentations online prior to the Workshops; and download or print for their use at the conference. The presentations and other course-related materials (e.g. extensive bibliography) will remain available online at the www.NPHTI.org website for 6-8 weeks following conclusion of the Workshops.

Cancellation Policy

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 23, 2016. No refunds will be made after this date.

WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441
www.CPPlymouth.com
763-559-6600
800-227-6963

A limited number block of hotel rooms is available at the discounted rate of \$129.00 per night plus and local taxes.

In order to get this reduced rate, reservations must be made directly with the by the cut-off date of September 5, 2016. You may reserve your room by one of these methods:

1. **Online** <http://www.crowneplaza.com/hotels/us/en/plymouth/msppm/hoteldetail>
2. **Call** 763-559-6600 or 800-227-6963) and request the **NPHTI Pediatric Clinical Hypnosis block**. Reservations will be accepted based on space and rate availability.

Parking is complimentary and adjacent to the facility. Valet parking is available for \$3.50 per day.

ACCREDITATION

American Medical Association/PRA

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Fairview Health Services, and the National Pediatric Hypnosis Training Institute (NPHTI), the Department of Pediatrics of the University of Minnesota, and the Minnesota Society of Clinical Hypnosis. Fairview Health Services is accredited by the MMA to provide continuing medical education for physicians.

Fairview Health Services designates this live activity for a maximum of 22.0 *AMA PRA Category 1 Credits*[™] for the **Introductory Workshop**, 22.0 *AMA PRA Category 1 Credits*[™] for the **Intermediate Workshop**, 22.0 *AMA PRA Category 1 Credits*[™] for the **Intermediate-PLUS Workshop**, and 22.0 *AMA PRA Category 1 Credits*[™] for the **Advanced Workshop**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Pediatrics (AAP)

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of **22** AAP credits for Introductory Workshop, **22** for the Intermediate Workshop, **22** for the Intermediate-PLUS Workshop, and **22** for the Advanced Workshop. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.

American Society of Clinical Hypnosis (ASCH)

The American Society of Clinical Hypnosis Standards of Training Committee has approved the NPHTI Pediatric Clinical Hypnosis Skill Development Workshops Introductory Level for **22** credits, Intermediate Level for **22** credits, Intermediate-PLUS Level for **22** credits, and Advanced Level for **22** credits toward ASCH membership and/or certification. The external approval for this program will expire October 31, 2017.

Minnesota Board of Psychology

The NPHTI Pediatric Clinical Hypnosis Skill Development Workshops Introductory Level has been approved for **22** continuing education hours, Intermediate Level approved for **22** continuing education hours, Intermediate-PLUS Level approved for **22** continuing education hours, and Advanced Level approved for **22** continuing education hours by the Minnesota Board of Psychology. Board-Assigned Log Number 201603.197

Minnesota Board of Social Work

Fairview Health Services is an approved CE Provider of the Minnesota Board of Social Work. The NPHTI Pediatric Clinical Hypnosis Skill Development Workshops Introductory Level has been approved for **22** continuing education hours, Intermediate Level approved for **22** continuing education hours, Intermediate-PLUS Level approved for **22** continuing education hours, and Advanced Level approved for **22** continuing education hours. CE Provider Number: CEP-813. Expiration date of CE Provider approval: 3/8/2017

Minnesota Board of Marriage & Family Therapy

The NPHTI Pediatric Clinical Hypnosis Skill Development Workshops Introductory Level has been approved for **22** continuing education hours, Intermediate Level approved for **22** continuing education hours, Intermediate-PLUS Level approved for **22** continuing education hours, and Advanced Level approved for **22** continuing education hours by the Minnesota Board of Marriage & Family Therapy. Board-Assigned Log Number CE:2016-140

American Holistic Nurses Credentialing Corporation (AHNCC)

This course is accepted for CE requirements for national board certification and recertification by the American Holistic Nurses Credentialing Corporation.

Continuing Education applications have been submitted to:

- American Psychological Association (APA)

Nurse Practitioners, Advanced Practice Nurses, Dentists and Other Health Care Professionals

Nurse practitioners, Advanced Practice Nurses, dentists and other health care professionals who participate in this CE activity may submit their Statements of Participation to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

INTRODUCTORY WORKSHOP

Coordinators: Pamela Kaiser, PhD, CPNP, CNS and Daniel P. Kohen, MD, FAAP, ABMH

Educational Objectives

At the completion of the Introductory Workshop, learners should be better able to:

- List the stages of hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe and demonstrate four pediatric hypnosis induction methods and four intensification techniques
- Explain hypnosis to parents and children
- Teach children and families self-hypnosis skills
- Outline the uses of hypnosis for children/teens experiencing procedural or chronic, recurring pain, anxiety/fear, and sleep disturbance
- Outline a strategy for getting started using hypnosis in clinical practice

AGENDA

Thursday, October 6, 2016

7:00am	Registration and Breakfast Buffet
8:05	Faculty Introductions/ Course Overview
8:35	Hypnosis Definitions/ Theories/ Myths
9:25	Hypnosis Structure and Stages
10:15	Refreshment Break
10:35	Hypnosis: The Many Right Ways
11:25	Overview: Format for Small Group Practice
11:40	#1 Demo: Induction: Favorite Place (Dissociation); Intensification: Multisensory Imagery
12:00pm	Lunch with Faculty
1:10	#1 Small Group Practice: Induction: Favorite Place (Dissociation) – Intensification: Multisensory Imagery –Alert – Debrief
2:45	Refreshment Break
3:05	#2 Demo: Induction: The Breath; Intensification: Muscle Relaxation
3:30	#2 Small Group Practice: Induction: The Breath; Intensification: Muscle Relaxation – Alert – Debrief
4:45	Developmental Considerations in Hypnosis
5:45	Adjourn for the Day
6:00	Complimentary Welcome Reception

Friday, October 7, 2016

7:00am	Breakfast Buffet
8:00	Clinical Application: Self-Regulation for Anxiety, Worry and Fears
9:00	Formulating Suggestions: Language and Utilization / Communication Techniques + Direct/Indirect Suggestions
10:10	#3 Demo: Ideomotor (Magnet Fingers); Intensification: Utilization, Direct/Indirect Suggestions
10:30	Refreshment Break
10:50	#3 Small Group Practice: Induction: Magnet Fingers; Intensification: Utilization: Language & Direct/Indirect Suggestions
12:10pm	Lunch on Your Own
1:25	Contextualization: Post-Hypnotic Suggestions

2:00	#4 Demo: Induction: Eye Fixation; Intensification: Noticing Internal Differences; PHS
2:20	#4 Small Group Practice: Induction: Eye Fixation; Intensification: Noticing Internal Differences – Suggestions – PHS
3:45	Refreshment Break
4:05	Explaining Hypnosis to Child & Parents with Demo Videos
4:25	#5 Demo: Explain Hypnosis to Child & Parents
4:45	#5 Small Group Practice: Explain Hypnosis to Child & Parents
6:00	Adjourn for the Day

Saturday, October 8, 2016

7:00am	Breakfast Buffet
8:00	Clinical Applications: Sleep Disturbances
8:50	Clinical Applications: Acute & Chronic Pain
9:50	#6 Demo: Magic Glove Technique
10:15	Refreshment Break
10:30	#6 Small Group Practice: Magic Glove Technique
11:50	Lunch with Faculty
1:00pm	Self-Hypnosis: Learning and Teaching and Questions
1:20	Self-Hypnosis: Large Group Experience/Debrief/ #7 Demo: Teach SH + Do SH
1:45	Small Group Practice #7: Teach Self-Hypnosis – Do Self-Hypnosis
2:25	Refreshment Break
2:45	BREAKOUT GROUPS: Case Vignettes: Participants' Plan a Hypnosis Session
	Choose One:
	• Primary Care
	• Anxiety
	• Pain
	• Chronic Conditions
3:50	Continued Learning & Resources Beyond Monday: NPHTI, Ongoing Education & Organizations
4:10	Beyond Today: What's Left to Learn?
4:20	Closure: All Faculty Group Hypnosis
4:30	Adjourn for the Day



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

INTERMEDIATE WORKSHOP

Coordinators: Pamela Kaiser, PhD, CPNP and Daniel P. Kohen, MD, FAAP, ABMH

Educational Objectives

At the completion of the Intermediate Workshop, learners should be better able to:

- Refine therapeutic listening and language skills in order to design individualized hypnosis sessions
- Integrate hypnotic utilization techniques: conversational inductions, pacing & leading, talking in trance, milieu metaphors, fractionation, reframing, and age progression & regression
- Enhance ability to apply hypnosis strategies to more complex clinical issues (respiratory, gastro-intestinal, pain, anxiety disorders and palliative care)
- Incorporate hypnotic self-regulation strategies for those experiencing anxiety, stress, acute or chronic pain
- Utilize a patient's individualized resources and needs when designing hypnotic metaphors and a treatment plan
- Augment hypnosis with mindfulness, toys as milieu metaphors, and video games and apps (depending on choice of mini-intensives)

AGENDA

Thursday, October 6, 2016

- 7:00am** Registration and Breakfast Buffet
- 8:00** Faculty Introductions/Overview
- 8:35** Hypnosis Re-Thinking Hypnosis/Re-Fining Utilization
- 9:25** Language: Why and How To Say What We Say
- 10:10** Introduction to Small Groups & Demo
#1: Conversational /Naturalistic Induction and Pacing & Leading
- 10:30** Refreshment Break
- 10:45** #1 Small Group Practice: Conversational Inductions and Pacing & Leading
- 12:15pm** Lunch with Faculty
- 1:30** Utilization of Unfolding Development: Abstract Thinking, Metaphors, & Self-Regulation
- 2:30** Utilizing and Designing Metaphors
- 3:40** #2 Demo: Individualizing Metaphors
- 4:00** Refreshment Break
- 4:20** #2 Small Group Practice: Individualizing Metaphors via Utilization
- 5:45** Adjourn for the Day
- 6:00-7:00** Complimentary Welcome Reception

Friday, October 7, 2016

- 7:00am** Breakfast Buffet
- 8:00** Acute and Procedural Pain
- 9:00** Recurrent & Chronic Pain, and Palliative Care
- 10:15** #3 Demo: Changing Sensation
- 10:30** Refreshment Break
- 10:45** #3 Small Group Practice: Changing Sensation
- 12:30pm** Lunch with Faculty
- 1:45** Integrating Hypnosis into Clinical Encounters
- 2:30** Anxiety & Fear: Strategies for Self-Regulation
- 3:55** #4 Demo: Self-Regulation of Anxiety & Fear
- 4:15** Refreshment Break
- 4:30** #4 Small Group Practice: Self-Regulation of Anxiety & Fear
- 6:00** Adjourn for the Day

Saturday, October 8, 2016

- 7:00am** Breakfast Buffet
- 8:00** #5 Demo: Talking in Trance
- 8:20** #5 Small Group Practice: Talking in Trance
- 9:35** Refreshment Break
- 9:50** Mini-Intensive Clinical Topics:
Pick One of the following:
(80 min)
- (A1) MORNING ONLY! Hypnotic Utilization Strategies & Phenomena: Reframing, Fractionation, Time Distortion (Age Progression & Regression) and More...
- (B1) MORNING ONLY! Augmenting Hypnosis with Video Games & Apps
- (C1) Gut-directed Hypnosis in Pediatric IBS: What the Research Shows
- (D1) Using Hypnosis to Inspire Children with Respiratory Symptoms
- 11:15** Hypnosis for Children with Headaches
- 12:10pm** Lunch with Faculty
- 1:25** Mini-intensive Clinical Topics:
Pick One of the following:
- (A2) AFTERNOON ONLY! Milieu Metaphors: Utilizing Toys for Spontaneous Trance & Self-Regulation
- (B2) AFTERNOON ONLY! Where the Mind Meets the Body: Hypnosis & Mindfulness for Complex Pain
- (C2) Gut-directed Hypnosis in Pediatric IBS: What the Research Shows
- (D2) Using Hypnosis to Inspire Children with Respiratory Symptoms
- 2:45** Refreshment Break
- 3:00** Integrative Pediatrics: Combining Biofeedback With Hypnosis
- 3:50** Continued Learning & Resources Beyond Monday: NPHTI, Ongoing Education & Organizations
- 4:10** Beyond Today: What's left to learn?
- 4:20** Important Closure: All Faculty Group Hypnosis
- 4:30** Adjourn for the Day



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

INTERMEDIATE-PLUS WORKSHOP

Coordinators: Pamela Kaiser, PhD, CPNP and Daniel Kohen, MD, FAAP, ABMH

Educational Objectives

At the completion of the Intermediate-PLUS Workshop, learners should be better able to:

- Adapt research-proven hypnotic strategies, techniques, and metaphors applicable to children and teens with gut disorders, including Irritable Bowel Syndrome (IBS) and Functional Abdominal Pain (FAP)
- Consolidate hypnotic strategies and techniques applicable to goals for children and teens with respiratory symptoms and conditions, including normalizing breathing pattern, cough cessation, and relaxation of muscles related to respiratory complaints
- Incorporate Alert-Eyes Open hypnosis approaches with children, teens and parents to address clinical, educational and psychotherapeutic goals
- Apply hypnosis strategies with children and teens experiencing chronic headaches
- Identify personalized clinical goals and related challenges in utilizing pediatric hypnosis as part of one's clinical work
- Strengthen capacity to use Pacing-and-Leading and Conversational Hypnosis steps as an alternative to traditional induction techniques
- Comfortably incorporate talking in trance strategies during hypnosis sessions

AGENDA

Thursday, October 6, 2016

- 7:00am** Registration and Breakfast Buffet
8:00 Faculty Introductions/Overview
8:35 Hypnosis Re-thinking Hypnosis /Re-fining Utilization
9:25 Overview of Intermediate-PLUS++ curriculum
Language: Why and How To Say What We Say
10:10 Introduction to Small Groups
#1 Demo: Conversational /Naturalistic
Induction & Pacing and Leading
10:30 Refreshment Break
10:45 #1 Small Group Practice:
Conversational Inductions & Pacing and Leading
12:15pm Lunch with Faculty
1:30 Seminar: Alert Eyes-Open Hypnosis for Children,
Parents, and You
2:45 Refreshment Break
3:05 Seminar: Alert Eyes-Open for Children, Parents,
and You (Continued)
5:30 Adjourn for the Day
6:00 Complimentary Welcome Reception

Friday, October 7, 2016

- 7:00am** Breakfast Buffet
8:00 Seminar: The Breadth of Treating the Breath
10:30 Refreshment Break
10:50 Seminar: The Breadth & Treating the Breath
(Continued)
12:30pm Lunch with Faculty
1:45 Seminar: Gut-directed Hypnosis in Pediatric IBS:
What does the Research Show?
3:45 Refreshment Break
4:05 Seminar: Gut-directed Hypnosis in Pediatric IBS:
What does the Research Show? (Continued)
6:00 Adjourn for the Day

Saturday, October 8, 2016

- 7:00am** Breakfast Buffet
8:00 #5 Demo: Talking in Trance
8:20 #5 Small Group Practice: Talking in Trance
9:35 Refreshment Break
9:50 Clinical Topics: Pick one of the following:
(80 minutes each)

(C & D topics will be repeated in the afternoon)
(A1) Morning Only! Hypnotic Utilization
Strategies & Phenomena: Reframing,
Fractionation, Time Distortion, and More!
(B1) Morning Only! Augmenting Hypnosis with
Video Games and Apps
(C1) Gut-directed Hypnosis in Pediatric IBS:
What does the Research Show?
(D1) Using Hypnosis to Inspire Children with
Respiratory Symptoms
11:15 Hypnosis for Children with Headaches
12:10pm Lunch with Faculty
1:25 Clinical Topics: Pick One of the Following:
New A & B Sessions & Repeat Sessions C & D:
(80 min each)

(B1) Afternoon Only! Utilizing Toys and Objects:
Spontaneous Trance & Milieu Metaphors for
Self-Regulation
(B2) Afternoon Only! Where the Mind meets the
Body: Hypnosis & Mindfulness for Complex Pain
(C2) Gut-directed Hypnosis in Pediatric IBS:
What does the Research Show?
(D2) Using Hypnosis to Inspire Children with
Respiratory Symptoms
2:45 Refreshment Break
3:00 Q&A: Clinical Goals & Challenges Moving Forward
3:50 Continued Learning & Resources Beyond Monday:
NPHTI, Ongoing Education & Organizations
4:10 Beyond Today: What's left to learn?
4:20 Closure: All Faculty Group Hypnosis
4:30 Adjourn for the Day



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

ADVANCED WORKSHOP

Coordinators: Daniel P. Kohen, MD, FAAP, ABMH and Leora Kuttner, PhD

Educational Objectives

At the completion of the Advanced Workshop, learners should be better able to:

- Reflectively evaluate one's own clinical skills/language through video review, critique, and discussion with colleague advanced learners and carefully matched faculty mentors
- Problem-solve challenging clinical situations regarding application of hypnotic strategies with colleague advanced learners and carefully matched faculty mentors
- Review, evaluate, and offer guidance regarding (others') clinical hypnosis encounters with colleague advanced learners and carefully matched faculty mentors

AGENDA

Thursday, October 6, 2016

- 7:00am** Registration and Breakfast Buffet
- 8:00** Introduction to Workshop: Overview (All Groups)
- 8:35** Case Presentation with Mentor Consultation
- 10:00** Refreshment Break
- 10:20** Continuation of Case Presentation with Mentor Consultation
- 12:15pm** Lunch with Faculty
- 1:30** Case Presentation with Mentor Consultation
- 3:20** Refreshment Break
- 3:40** Continuation of Case Presentation with Mentor Consultation
- 5:45** Adjourn for Day
- 6:00** Complimentary Welcome Reception
Evening Viewing (on own) of Videotapes

Friday, October 7, 2016

- 7:00am** Breakfast Buffet
- 8:00** Conversation with New Facilitators from Around the World!
- 8:45** Case Presentation with Mentor Consultation
- 10:15** Refreshment Break
- 10:35** Continuation of Case Presentation with Mentor Consultation
- 12:00pm** Lunch with Faculty
- 1:30** Case Presentation with Mentor Consultation
- 3:15** Refreshment Break
- 3:35** Continuation of Case Presentation with Mentor Consultation
- 6:15** Adjourn for Day
Evening Viewing (on own) of Videotapes

Saturday, October 8, 2016

- 7:00am** Breakfast Buffet
- 8:00** Case Presentation with Mentor Consultation
- 10:10** Refreshment Break
- 10:30** Continuation of Case Presentation with Mentor Consultation
- 12:15pm** Lunch with Faculty
- 1:45** Case Presentation with Mentor Consultation
- 2:40** Refreshment Break
- 3:00** Continuation of Case Presentation with Mentor Consultation
- 4:10** Q&A
- 4:20** Important Closure: All Faculty Group Hypnosis
- 4:30** Adjourn

HOST WORKSHOP FACULTY AND GROUP FACILITATORS

RAN D. ANBAR, MD, FAAP -

Visiting Faculty

Pediatric Pulmonologist; Professor Emeritus, Pediatrics and Medicine, SUNY Upstate Medical University, Syracuse, NY; President, Center Point Medicine, La Jolla, CA; Staff Member, Rady Children's Hospital, San Diego, CA; Past President, Fellow, Approved Consultant, ASCH

ANDREW J. BARNES, MD, MPH, FAAP*

Assistant Professor, Pediatrics and Adolescent Health, Developmental- Behavioral Pediatrics, University of Minnesota, Minneapolis, MN; Former physician member-at-large, MSCH; Approved Consultant, ASCH

DAVID K. BECKER, MD, MA, MFTI

Clinical Professor, Department of Pediatrics and the Osher Center for Integrative Medicine, University of California, San Francisco; Marriage and Family Therapy Intern, San Francisco Psychotherapy Clinic

CHERYL S. BEMEL, PhD., LP, NCSP/NASP

Psychologist, Allina Health, St. Paul, Minnesota; Nationally Certified School Psychologist-National Association of School Psychologists; Board Member, Faculty, MSCH; Approved Consultant, ASCH

F. RALPH BERBERICH, MD, FAAP

Pediatrician, Multi-specialty Group Practice, Pediatric Suggestions and Sutter East Bay Medical Foundation, Berkeley, CA; Approved Consultant, ASCH

FREDERICK BOGIN, MD, FAAP

Assistant Professor of Pediatrics (retired), University of Connecticut School of Medicine; Private Practice, Pediatric Hypnotherapy; Certified, ASCH

CAMILLA G. CEPPI COZZIO, MD, FMH

General Pediatrics and Adolescent Medicine Physician, Private Practice, Dübendorf, Switzerland; Member of Swiss Society of Pediatrics; Certified Physician, Swiss Academy of Psychosomatic and Psychosocial Medicine (SAPPM); International Member, ASCH

CANDACE J. ERICKSON, MD, FAAP, MPH-

Senior Faculty

Course Director SDBP Pediatric Clinical Hypnosis Workshops (1987-2009); Associate Professor of Clinical Pediatrics, Columbia University College of Physicians and Surgeons, New York, NY; Developmental and Behavioral Pediatrician, Morgan Stanley Children's Hospital of New York Presbyterian Hospital, New York, NY and Brooklyn Hospital Center, Brooklyn, NY

MELANIE A. GOLD, DO, DABMA, MQT, FAAP, FACOP -

Senior Faculty

Medical Director, School Based Health Centers, Professor of Pediatrics, Section of Adolescent Medicine, Division of Child and Adolescent Health, Department of Pediatrics, Columbia University Medical Center, New York Presbyterian Hospital, Mailman School of Public Health, Department of Population and Family Health, New York, NY

HOWARD HALL, PhD, PSYD, BCB -

Senior Faculty

Professor, Division of Developmental/Behavioral Pediatrics and Psychology, Department of Pediatrics, Case Western Reserve University, Cleveland, OH; Rainbow Babies' and Children's Hospital Case Medical Center, Cleveland, OH; Board Certified in Biofeedback(BCB); Approved Consultant, ASCH

PAMELA KAISER, PhD, CPNP, CNS* -

Senior Faculty

Co-Founder and Co-Director, National Pediatric Hypnosis Training Institute; Former Associate Clinical Professor, Developmental-Behavioral Pediatrics (DBP), University of California, San Francisco, CA; Former Director, Anxiety, Stress, and Health Clinic, Palo Alto, CA; Clinical Child & Adolescent Psychologist; Certified Pediatric Nurse Practitioner; Pediatric Clinical Nurse Specialist; Past Executive Council Member; Approved Consultant, ASCH

REBECCA KAJANDER, CPNP, MPH

Noran Neurological Clinic, Minneapolis, MN; Former Department Chair and Clinical Practice Director, Alexander Center for Child Development and Behavior, Park Nicollet Clinic, St. Louis Park, MN; Former Adjunct Faculty Developmental-Behavior Pediatrics, Department of Pediatrics, University of Minnesota Medical School; Instructor, School of Nursing, University of Minnesota, Minneapolis, MN; Faculty, MSCH and NPHTI

ADAM KEATING, MD, FAAP

General Pediatrician, Section Head, Community Pediatrics, Cleveland Clinic Children's, Wooster, OH; Medical Director, Longbrake Student Wellness Center, College of Wooster; Clinical Assistant Professor of Pediatrics, Cleveland Clinic Lerner College of Medicine; Clinical Associate Professor of Pediatrics Ohio University Heritage College of Osteopathic Medicine; Approved Consultant, ASCH

DANIEL P. KOHEN, MD, FAAP, ABMH* -

Senior Faculty

Co-Founder and Co-Director, National Pediatric Hypnosis Training Institute; Developmental-Behavioral Pediatrics, Medical Hypnosis & Self-Regulation, Partners-in-Healing of Minneapolis, Minnetonka, MN; Former Director, Developmental-Behavioral Pediatrics and Professor, Departments of Pediatrics and Family Medicine and Community Health, University of Minnesota (retired); Director of Education and Training, Minnesota Society of Clinical Hypnosis (MSCH); Past President, MSCH; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, and Approved Consultant, ASCH; Fellow, SCEH

HARRIET KOHEN, MA, MSW, CPT

Therapist, Partners-in-Healing of Minneapolis; Past-President, MN Society for Clinical Social Work; Credential Chair, International Federation of Biblio/Poetry Therapy; Faculty, MSCH, NPHTI.

HOST WORKSHOP FACULTY AND GROUP FACILITATORS

LEORA KUTTNER, PhD* -

Senior Faculty

Clinical Psychologist and Clinical Professor of Pediatrics, University of British Columbia and British Columbia Children's Hospital, Vancouver, Canada; Vice-President, Canadian Society of Clinical Hypnosis (BC Division)

JEFF LAZARUS, MD, FAAP

Former Associate Clinical Professor of Pediatrics, Rainbow Babies and Children's Hospital, Case Western Reserve School of Medicine; Private Practice, Menlo Park, California; Approved Consultant, ASCH

LISA LOMBARD, PhD

Clinical Psychologist, Private Practice; Consulting Psychologist, Frances Xavier Warde School, Chicago, IL; Former Associate Professor, Clinical Psychology (Child and Adolescent Track), Chicago School of Professional Psychology; Former Cognitive Assessment Clinic Coordinator, George Mason University, Fairfax, VA; Member, SCEH; Interim Vice President, Chicago Society of Clinical Hypnosis Approved Consultant, ASCH

KAREN OLNESS, MD, FAAP, ABMH -

Senior Faculty

Professor of Pediatrics, Family Medicine and Global Health, CaseWestern Reserve University, Cleveland, OH; Diplomate and Past President, American Board of Medical Hypnosis; Past President, ASCH, SCEH and International Society of Hypnosis; Fellow, ASCH, SCEH

ROBERT PENDERGRAST, MD, MPH, FAAP

Associate Professor of Pediatrics, Medical College of Georgia, Georgia Regents University; Director, Adolescent Medicine, Children's Hospital of Georgia, Augusta, GA; Aiken-Augusta Holistic Health, North Augusta, SC; Approved Consultant, ASCH

KATE PFAFFINGER, PhD, LP, PNP, MPH

Pediatric / Health Psychologist, Private Practice, St. Paul, MN; Pediatric Nurse Practitioner; Faculty and Former Board Member, MSCH

EILEEN POULIN, MD, FAAP

Pediatric Faculty, Tufts University School of Medicine, Maine Medical Partners Pediatric Clinic at Maine Medical Center, Portland, Maine; Maine Pediatric Hypnosis (Private Practice), Falmouth, Maine; Certified, ASCH

TERESA QUINN, MD, FAAFP, ABMH

Assistant Professor, University of Minnesota; Methodist Hospital Family Medicine Residency, CAQ Geriatrics; Approved Consultant, ASCH

LYNDA RICHTSMEIER CYR, PhD

Integrative Psychologist and Consultant, Private Practice, Minneapolis, MN; Senior Faculty, The Center for Mind-Body Medicine; Former Clinical Instructor of Pediatrics, University of Minnesota; Former Clinical Lead and Program Manager, Integrative Medicine Program at Children's Hospitals and Clinics of Minnesota

MICHELE STRACHAN, MD

Behavioral Pediatrician, Developmental Behavioral Pediatrics Program, University of Minnesota Physicians; Director of Medicine, Fellow, Cultural Wellness Center, Minneapolis, MN

LAURENCE I. SUGARMAN, MD, FAAP, ABMH*-

Senior Faculty

Research Professor and Director, Center for Applied Psychophysiology and Self-regulation, Institute and College of Health Sciences and Technology, Rochester Institute of Technology; Clinical Professor in Pediatrics, University of Rochester; Behavioral Pediatrician, Easter Seals Diagnostic and Treatment Center, Rochester, NY; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, Approved Consultant, ASCH

JODY THOMAS, PhD

Clinical Psychologist, Private Practice in Palo Alto, CA; Former Associate Professor, Department of Anesthesia, Stanford University School of Medicine; Former founding Clinical Director, Pediatric Pain Rehabilitation Program at Stanford Children's Health

ARINE M. VIEGER, MD, PhD

Visiting Faculty

Pediatrician, Head Dept of Pediatrics, St Antonius Hospital Nieuwegein, The Netherlands. Co-founder Dutch Foundation for Pediatric Hypnosis. Member scientific committee, Dutch Society for Hypnosis

DAVID WARK, PhD, ABPH -

Senior Faculty

Emeritus Professor of Psychology, University of Minnesota, Minneapolis, MN; Past President, MSCH; Board Member, International Society of Hypnosis; Past President, Fellow, and Approved Consultant, ASCH; Fellow, SCEH

MARK B. WEISBERG, PhD, ABPP, LP

Clinical Health Psychologist, Diplomat in Health Psychology; Listed, National Register of Health Service Providers in Psychology; Independent Practice, Minneapolis, MN; Fellow, American Psychological Association; Past President, MSCH; Fellow, Past Vice President, Past Secretary, Approved Consultant, ASCH

ELAINE WYNNE, MA

Licensed Psychologist, Circle of Cranes Psychology Center, LLC, Golden Valley, MN; Professional Storyteller, President, Veteran Resilience Project; Faculty, MSCH; Approved Consultant, ASCH

* Denotes Planning Committee Member

REGISTRATION FORM

Pediatric Clinical Hypnosis Introductory Workshop ONLY*

For Intermediate registration go to: <http://tinyurl.com/NPHTI-Application>

For Intermediate-PLUS registration go to: <http://tinyurl.com/NPHTI-Application>

For Advanced registration go to: <http://tinyurl.com/NPHTI-Application>

October 6-8, 2016

Please type or print clearly. A name badge and statement of participation are generated from this form.

Name _____

Affiliation _____

Department _____

Address HOME OFFICE _____

Mail Stop _____

City _____ State _____ Zip _____

Office Telephone Number _____

Email _____

Receipts, confirmations, and driving directions are now emailed from our office. Please include your email address and print clearly.

Degree MD DO PhD PsyD MA/MS MPH MSW/ACSW LCSW LMSW
 LMFT APRN NP CNS RN CCLS DDS/DMD OT PT
 Other _____

Specialty: General Pediatric Practice: _____ Pediatrics / Subspecialty: _____
 Marriage/Family/Therapy / Subspecialty: _____ Family Medicine / Subspecialty: _____
 Social Work / Subspecialty: _____ Psychiatry / Subspecialty: _____
 Education / Subspecialty: _____ Psychology / Subspecialty: _____
 General Surgery / Subspecialty: _____ Nursing / Subspecialty: _____
 Other: _____

Licensed in Profession _____ (Required) License # _____ State _____

Students, Interns, Residents, Fellows (please list school & program actively enrolled in): _____

REGISTRATION FEES

	Kick-off** March 16 -June 30	Early Bird** July 1 - September 1	Regular After September 1
<input type="checkbox"/> Introductory Workshop	\$850	\$925	\$1,000
<input type="checkbox"/> MSCH Member	\$780	\$815	\$870
<input type="checkbox"/> Graduate Student, Intern, Resident, Fellow	\$590	\$610	\$635

Group Registration

A minimum of 3 registrants from the same organization is required for a group discount of \$20 per person to be deducted from the corresponding registration fees listed above. Submit all registrations together with one check payment. Online group registrations must be received within two business days. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

Special Needs

Special needs such as dietary restrictions, lactation room, etc. should be requested in advance; requests cannot always be honored onsite.

PLEASE NOTE: A SIGNED ACKNOWLEDGEMENT AND RELEASE FORM MUST ACCOMPANY YOUR REGISTRATION.

TO REGISTER - Register online with Visa, MasterCard, or American Express. Go to www.nphti.org

QUESTIONS: For any questions relating to registration, please contact NPHTI@iplanitmeetings.com or call 1-800-781-1193, ext. 601 between 8 am-5 pm Mountain Time.

CANCELLATION POLICY - In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. Central Time on September 23, 2016. No refunds will be made after this date.



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

ACKNOWLEDGMENT AND RELEASE

**NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE
MINNESOTA SOCIETY OF CLINICAL HYPNOSIS
DEPARTMENT OF PEDIATRICS, UNIVERSITY OF MINNESOTA
FAIRVIEW HEALTH SERVICES**

Name of Workshop: **National Pediatric Hypnosis Training Institute (NPHTI)
Annual Skill Development Workshops in Pediatric Clinical Hypnosis**

Dates: **October 6-8, 2016**

Location: **Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441**

The undersigned acknowledges that he/she has volunteered to participate in a workshop in which he/she engages in a hypnotic state ("trance"), and that workshop participants and faculty will be present during this/these session(s).

The undersigned does not have any medical or mental health problems or other special conditions that might interfere with their participation, except as have been disclosed to faculty members.

Because this is a Skills Development Workshop, all participants are expected to attend the entire workshop and participate in experiential activities, including trance experiences. Exceptions are not permitted. Participant Certificates are provided only to those attending the FULL program, and available at the conclusion of the Workshops on the third afternoon.

The undersigned acknowledges that NPHTI reserves the right to withdraw from participation in the training workshop any clinician whose behavior significantly interferes with the group's learning process, or is disrespectful and/or offensive to colleagues and/or faculty.

The undersigned agrees to hold harmless the NPHTI, MSCH, and the University of Minnesota Department of Pediatrics and Fairview Health Services their employees and members, the faculty and other participants in the above described workshop, and indemnify them from and against any and all claims, damages, and costs arising from the undersigned's participation in the above described workshop.

Printed Name

Signature

Date

NOTE: All participants are expected to attend the entire workshop and participate in experiential activities, including trance experiences. [Exceptions are not permitted. Participant Certificates are provided only to those attending the FULL program, and available at the conclusion of the Workshops on the third afternoon.](#)



**Pediatric Clinical Hypnosis
Skill Development Workshops 2016**
presented by

NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

October 6-8, 2016

**Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441**

WEB SITES

www.nphti.org

For more information about the National Pediatric Hypnosis Training Institute

www.med.umn.edu/peds/dogpah/education/devbehavior/

For more information about the University of Minnesota Developmental-Behavioral Pediatrics Program.

www.msch.us

For more information about the Minnesota Society of Clinical Hypnosis